

# Quick Facts

## Seasonal Flu & Pandemic H1N1 Flu (Swine Flu)

|   | SEASONAL FLU   | PANDEMIC H1N1 FLU   |
|---|--|---|
| <b>What is it?</b>                                    | A respiratory infection caused by flu viruses. Because seasonal flu viruses change every year, the seasonal flu vaccine is updated so that it protects against the current seasonal flu viruses.   | A respiratory infection caused by a new flu virus. It's responsible for large outbreaks in many parts of the world. Most people don't have immunity to it because it's a new strain of flu. |
| <b>How is it spread?</b>                              | <ul style="list-style-type: none"> <li>• From person to person through droplets from a sick person's cough or sneeze</li> <li>• By touching something with the virus living on it, such as a doorknob, and then touching your eyes, nose, or mouth</li> </ul>  |   |
| <b>What are the symptoms?</b>                         | <ul style="list-style-type: none"> <li>• Fever</li> <li>• Headache</li> <li>• Tiredness</li> <li>• Dry cough</li> <li>• Sore throat</li> <li>• Stuffy nose</li> <li>• Body aches</li> </ul>  | <ul style="list-style-type: none"> <li>• <i>Same as seasonal flu</i></li> <li>• May also have diarrhea and vomiting</li> </ul>  |
| <b>When should you seek urgent medical treatment?</b> | <p><b>FOR CHILDREN</b></p> <ul style="list-style-type: none"> <li>• Fast breathing or trouble breathing</li> <li>• Bluish skin color</li> <li>• Not able to drink enough liquids</li> <li>• Fever, with a skin rash</li> <li>• Flu symptoms that improve, then return with fever and worse cough</li> <li>• Not waking up, not interacting</li> <li>• Confusion</li> <li>• Being so irritable that she/he does not want to be held</li> </ul> <p><b>FOR ADULTS</b></p> <ul style="list-style-type: none"> <li>• Difficulty breathing or shortness of breath</li> <li>• Pain or pressure in the chest or abdomen</li> <li>• Sudden dizziness</li> <li>• Confusion</li> <li>• Severe or continuing vomiting</li> </ul> <p><b>If you have any of these symptoms, seek emergency medical care immediately.</b></p> |   |

|                                       | <b>SEASONAL FLU</b>  | <b>PANDEMIC H1N1 FLU</b>   |
|---------------------------------------|--|--|
| <b>Who is at risk for getting it?</b> | <p>Anyone can get the flu, but you are more likely to have serious health problems (complications) because of the flu if you</p> <ul style="list-style-type: none"> <li>• Are 65 years of age or older</li> <li>• Have a chronic medical condition (such as diabetes or heart disease)</li> <li>• Are pregnant</li> <li>• Are a young child</li> </ul>   | <p>Anyone can get H1N1 flu but you are more likely to have complications if you</p> <ul style="list-style-type: none"> <li>• Are younger than 25 years of age</li> <li>• Have a chronic medical condition (such as diabetes or heart disease)</li> <li>• Are pregnant</li> <li>• Are a young child</li> </ul>  |
| <b>How is it treated?</b>             | <ul style="list-style-type: none"> <li>• Most people don't need medical care and will get better on their own with rest and fluids.</li> <li>• Take acetaminophen (Tylenol®), ibuprofen (Motrin®, Advil®), or naproxen (Aleve®) for fever and body aches— DO NOT take aspirin (acetylsalicylic acid).</li> <li>• If you have severe illness or are more likely to have complications, your doctor may prescribe antivirals (such as Tamiflu®). Antivirals don't guarantee the flu will go away or be less contagious.</li> </ul>   |  |
| <b>How can it be prevented?</b>       | <ul style="list-style-type: none"> <li>• Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze.</li> <li>• Wash your hands often with soap and water and/or use gel sanitizers.</li> <li>• Avoid touching your eyes, nose, or mouth since germs spread that way.</li> <li>• Avoid close contact with sick people.</li> <li>• If you're sick, stay home for at least 24 hours after fever ends.</li> <li>• Get a flu vaccine, if recommended.</li> </ul>  |  |
| <b>Who should get the vaccine?</b>    | <p>Anyone who wants to avoid the flu should get a seasonal flu vaccine, especially</p> <ul style="list-style-type: none"> <li>• Pregnant women</li> <li>• Children ages 6 months through 18 years</li> <li>• Those who live with or care for people at risk for flu complications, including children younger than 5 years and adults ages 50 and over</li> <li>• People ages 50 and older</li> <li>• People with chronic medical conditions like asthma or diabetes, weakened immune systems, or some disorders that cause swallowing problems</li> <li>• Health care workers</li> <li>• Those who live in a nursing home or other long-term care home</li> </ul> | <p>The H1N1 vaccine will be first available to</p> <ul style="list-style-type: none"> <li>• Pregnant women</li> <li>• People living with or caring for infants under 6 months of age</li> <li>• Health care workers</li> <li>• Emergency medical personnel</li> <li>• Children and young adults from 6 months through 24 years</li> <li>• People ages 25 through 64 years with chronic medical conditions like asthma, diabetes, or weakened immune systems</li> </ul> |

**For more information**

**Centers for Disease Control and Prevention (CDC)**  
 (800) CDC-INFO or (800) 232-4636  
[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

**California Department of Public Health**  
 (888) 865-0564  
[www.cdph.ca.gov](http://www.cdph.ca.gov)

**Los Angeles County Department of Public Health**  
**Health Care Services:** Dial 2-1-1  
[www.publichealth.lacounty.gov/H1N1](http://www.publichealth.lacounty.gov/H1N1)

**DPH Update Listserv:** E-mail [Listserv@listserv.ph.lacounty.gov](mailto:Listserv@listserv.ph.lacounty.gov)  
 Include "subscribe DPHUPDATE first name last name" in the subject line and body

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